

Mind Motivations™ & The Australian Academy of Hypnosis™ Newsletter

April 2011



Welcome to the April edition of the newsletter. In the last edition I commented about the deplorable start to 2011 and the natural disasters that had plagued Australia and other locations as well. Unhappily, things didn't get any better. The earthquake and tsunami in Japan wiped all previous catastrophes from the slate and then the nuclear disaster that followed compounded what was a very bad situation. If the first quarter of 2011 is anything to go by, we can only hope that the remainder of the year gives the world a chance to recuperate. I do sincerely hope that none of our readers have been personally impacted by the events to date and hope that all who have been touched by these events remain strong, find peace and a dramatic change in fortune.

Rick has recently returned from the USA (again) and reported an enjoyable and worthwhile trip. As I sit here writing this, Rick is in Melbourne hosting and attending the Dr Marco Paret training. I was in touch with Rick yesterday and he reported that the training was going very well and even he was amazed at some of Dr Paret's abilities. I was sad that I was unable to make the journey east and attend but time and other factors presented it. There is the chance that this training will be offered again later in 2011 and if that is the case, I will be there!

I have recently had a number of conversations with people (both hypnotherapists and potential clients) about the much publicised lap-band surgery hypnosis for weight loss. As you would have seen from previous newsletters and media coverage, there has been a lot of interest in this and much publicity attached to it. What we have not yet seen is what the longer-term outcomes are for the people who undertake this hypnotherapy. My thoughts are that I can see no particular strengths associated with this over other [more conventional] weight loss hypnotherapy strategies. Lap-banding surgery has been promoted of recent times and dove-tailing into this to add a non-surgical intervention through hypnosis makes marketing sense; no doubt about it. What I cannot see in any of the scripts that I have reviewed or stories that I have read is how this is revolutionary, ground-breaking or more certain to have longer-term positive outcomes than standard hypnotherapy engagements. I would be interested to hear back from others regarding this and would like to learn why lap-banding surgery hypnotherapy is more likely to work than other strategies. What I have found interesting is the number of people who have submitted to lap-banding surgery (the real thing) and not had startling results.

It is encouraging to see the development and preparation for the HCA coming along so well. I, on behalf of the Academy, would like to thank all of the people who have given freely of their time, energy and knowledge to reach the stage that we are now at. I remain hopeful that the HCA will provide a strong national voice for the profession.

Everyone stay healthy, stay well and stay safe.

Michael Werts
Editor MM_Newsletter



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<http://www.twitter.com/mgw1961>



HYPNOSIS

Look into my eyes, you're getting sleepy
Wait a min... Stop smiling dammit!
DO I LOOK LIKE I'M JOKING?!

Delhi leads the way in Indian revival of hypnosis

http://www.tehelka.com/story_main48.asp?filename=Ws150211HYPNOSIS.asp

October 2001. Seventeen-year-old Aminee Rajee has a problem. She is having memory lapses. Huge chunks of time seem to fly by. Her friends tease her saying it is all about the forthcoming exams.

That is not it, thinks the young Chennaiite worriedly. How does that explain her attending a friend's birthday party, having no recollection of that night and coming to in a seedy hotel room, wearing clothes that were clearly not hers? Or when her underwear seems to be sifted through?

She is terrified. Her father thinks she has the fancies and takes her to a psychiatrist. It becomes worse for Aminee. All that medication. Then, in 2003, a breakthrough.

Dr. Nidhi Simon, a hypnotherapist, counsels her and Aminee finally learns what is plaguing her: She has Multiple Personality Disorder (MPD), where one person assumes one or more personalities to block out a trauma.

Turns out her uncle abused Aminee when she was seven.

February 2011. Twenty-seven-year-old Aminee works in a publishing house, is married and expecting a child. Happily, she seems freed of past demons after a year of extensive therapy sessions.

In India, New Delhi has 450 practicing hypnotherapists, Mumbai has 230, Chennai 120, and Kolkata 90.

According to the World Institute of Hypnotherapy in Canada, Washington D.C. has the highest level of hypnotherapists in the world, more than 4,000.

Melbourne and Taiwan come close with 2,700 and 1,700 respectively.

The Webster's Medical Dictionary says the term hypnosis is nothing but 'imaginative role-enactment'. It is a state of partial sleep where your mind is open and receptive to suggestions.

Now, the Noida-based Indian Institute of Hypnotherapy estimates that 43 percent of urban, middle-class and educated Indians are queuing up at the hypnotherapist's.

The hypnotherapists appears to apply the same methods as those of the witches of lore. Just the setting and the people differ. From the shade of the mango tree to air-conditioned private chambers in South Delhi.

Why the boom?

"That's easy," says Dr. Viraj Bose, a practicing hypnotherapist from Delhi. "It is the newest form of alternative medicine, an easier way out than, say, popping expensive pills, which cause slow but sure

Melbourne leads the way with 2,700 hypnotherapists. Delhi has 450, Mumbai 230, Chennai 120 and Kolkata 90

detriment to the body."

Dr. Bose, who started practicing around 2006, treats about three patients a day, with each session ranging between 3 and 5 hours.

"Each patient is different. Thus, their patterns vary," says Dr. Bose, when asked to comment on the time each patient usually takes.

Hypnotherapy is based on a simple principle: Every health problem, physical or mental, is related to psychosomatic causes. Thus, the need for hypnosis.

According to Dr. Yogesh Chaudhury, Founder, Indian Institute of Hypnotherapy, "There is need to induce sleep and thus invite memory regression. This regression can be traced back from a person's time in the womb, or even to a previous birth."

Dr. Chaudhury says, however ridiculous it may sound, in all the cases they have encountered so far, the trauma usually has been traced to a past life.

Anjali Alexander, a sales manager working with a multinational in Mumbai, testifies to this. The 27-year-old had severe shoulder pain for three months, finally making it impossible for her to work.

At the suggestion of a friend, she went to Dr. Deepa Shikhawat, a hypnotherapist in the Powai area of Mumbai. After six sessions, her arm was perfectly fine and functioning again.

"It's amazing," Alexander says excitedly. "During my sessions, I discovered I was a boatman in Kerala in my previous birth, and that I had been attacked by a crocodile, thus the reoccurrence of the pain."

Of course, this pronouncement can be met with disbelief and raised eyebrows.

However, Dr. Shikhawat, surprisingly, is not quick to dissuade one of skepticism. "Most of our patients scoff at the idea of hypnosis, dismissing it as nineteenth century gibberish, before they are bound to believe, once they get better," she says.

Dr. Chaudhury says his training institute, which started with a staff of 10 and 20 students in 2003, has churned out more than 5,000 hypnotherapists, and not all of them had medical degrees before hand.

"When I started my clinic in 1979, it failed miserably. People were just not ready to believe in such a system of medicine," says Dr. Chandan Vyas, who had to shut down his hypnotherapy clinic because of the lack of patients and funds in Hyderabad.

The Indian Institute of Hypnotherapy started with a staff of 10 and 20 students in 2003, and has churned out more than 5,000 hypnotherapists

Dr. Vyas, who has been credited with introducing people to the profession who have not held medical degrees before, and now runs his own clinic, says he did it on purpose. "I think the fact that these hypnotherapists come from various backgrounds themselves, help them understand their patients better and solve their problems."

Dr. Preeti Agarwal, a practicing hypnotherapist in Vadodara, Gujarat, concurs. "As a result of the abuse I underwent in my childhood, I understand

the trauma of most of my patients. Ninety-two percent of my patients have undergone abuse, which led to a host of problems for them later."

Her patient, 63-year-old Bhushan Sahai, an abuse victim himself, agrees. Abused when he was a year old, hypnosis helped him revive, horrifically, the trauma and gain closure.

Without it, he would still be having nervous bouts of hysteria every time he would have speak in front of a gathering. "And it took all of 10 sessions," he grins.

However, others are more critical. Dr. Ashis Roy, a practicing psychiatrist and professor at Delhi's Ambedkar University, thinks hypnotherapy is "entirely imprecise and he has very little patience with it."

According to Dr. Roy, not even 5 percent of the time spent in the course is devoted to attending to peoples difficulties.

"It is a skill taught to people from the most random backgrounds. Hypnotherapists don't take responsibility for the effect of exposing people to parts of their lives, which get evoked in the hypnotherapy session. And they have no knowledge of psychiatry and disorders. So they may be as ignorant about a person's difficulties as the person himself," he says.

However, everything cannot be tarred with the same brush. What about the case of Aminiee Raje, then? A seemingly incurable disorder, not even recognised by psychiatry, is completely cured.

Dr. Somesh Bhattacharya, a homeopathy consultant in Kolkata, says, "Of course, I believe in the system of alternative medicine as I am practicing one myself. However, hypnotherapy is a murky area with belief in past life regression, which leads to blind faith and superstition."

Dr. Subhra Sharma, a practicing hypnotherapist in Chennai, disagrees vehemently. "Why, when anything does not appeal to the cold logic of science, is it summarily dismissed?" she asks.

All her patients are urban and educated who voluntarily opt for this treatment. However, isn't only this class coming in because of the charges?

Dr. Sharma charges around Rs 2,500 per session, which makes it impossible for certain socio-economic strata to make an entry. "That is not true," she denies, "we

Experts Say Hypnosis Can Work, If you Work With It

<http://www.fox12idaho.com/Global/story.asp?S=14010759>

BOISE, ID - If you're still waiting to make good on your New Year's resolutions, or some bad habits you'd like to change, some say hypnosis can help - if you're ready for it.

We're not talking about barking like a dog when the doorbell rings. This is serious, life-changing stuff. We wanted to know how it all worked, and why clients say it works so well.

Unlike the stereotypes from old movies, hypnosis keeps you in control, and one woman we talked to says hypnosis changed her life, because she now has a life.

"I would just end up sitting in front of the T.V., laying in bed, not wanting to get out of bed some days," explains Kelly Moore. At 5'1" tall, she weighed 210 pounds at her heaviest. She remembers, "Having a hard time breathing, just doing minor things through the day."

Moore is a healthy eater, and an avid skier. She's lost around 80 pounds in just seven months, since starting sessions at Positive Changes Hypnosis Center in Boise. "I had already lost a few pounds in the first week," says Moore.

Tanya Guenther with Positive Changes explains, "Many, many of our clients come to us to change those habits of an overweight person into habits of a thin person." But there are many other goals: quit smoking, manage pain, even enhance athletic ability, and advocates say hypnosis can help.

"It's like guided meditation; it's a deep state of relaxation," says Guenther, adding hypnosis hones in on changing present behavior, rather than bringing up past baggage.

"Our behavior comes from our subconscious mind and so that's what we need to speak to to make the changes," Guenther explains.

To help with that communication during hypnotic sessions, clients can wear sunglasses that put off blue flashing lights with a frequency to mellow the mind, and headphones that feature guided hypnosis, music and subtle tones to calm your brain waves.

Along with those tools, hypnotists say your drive and dedication are just as important on the path to change. "We're looking for a person who truly has the desire in themselves, not for someone else, but for themselves," says Guenther, "to make the change that they're seeking. Commitment's very important."

Moore says she was skeptical to start, and other than feeling relaxed, she didn't see any differences after her first session. But her husband did. "When we were having dinner, I actually had a conversation with him. Whereas in the past he noticed he was the one who'd always done the talking and I was just eating," she explains.

Moore listens to custom-tailored CDs at home, and still enjoys professional sessions, but she's also

learned to put herself into a hypnotic state quickly. Going under is easy for her, but you may wonder, what if I can't be hypnotized? "It's not that they can't, it's that the person needs to want to be hypnotized," says Guenther. "If i truly want to change in this manner, my mind is guiding me in that direction because that's my wish - I want it."

Guenther says professional hypnosis also works because it quiets those negative voices that can keep you stuck. "Our programs are designed to eliminate the usual roadblocks to change - self-sabotage, self-doubt, negative self-talk," she explains.

Here's how Moore breaks it down. "With the hypnosis, my subconscious mind, instead of saying to me, 'Oh you know, a piece of chocolate cake wouldn't be so bad,' my subconscious mind was instead now my cheerleader and saying, 'yes, you're making the right decision, yeah, go for it!'"

Moore's now gone from up and down yo-yo dieting to a balanced and centered approach to a fuller life, with a thinner body.

"You're not having to count the calories and work out the fiber and work out the nutrition, she says. "This is a complete lifestyle change and I would just say try it."

Some insurance companies will cover hypnosis, although most don't, but it all depends why you need it.

Finding help through hypnosis

http://unioneagle.com/index.php?option=com_content&task=view&id=5033&Itemid=30

January is a month of resolutions: getting organized, losing weight, eating healthy, breaking bad habits, etc. And for Linda Wilkins, Princeton, January has been a month of hard trials.

Wilkins, 59, has been a smoker since she was 16. But this year she decided to change that and quit.

It hasn't been easy.

The problem isn't that she's addicted, although Wilkins admits that she is, the problem is that for her smoking is routine.

"I've been having at least three cigarettes a day since the late '60s. Sometimes more, but never less," she said.

Her habit began when a boy she liked passed her his cigarette while she was talking to him after school with her friends. She wasn't sure what to do so she put it to her mouth and inhaled.

Wilkins remembers immediately coughing and feeling sick. But she wanted him to like her so she tried again before handing it back. That night she stole a few cigarettes from her father and practiced smoking outside so the next time she wouldn't look foolish.

"Now I have one before breakfast, around 3 p.m. and just before going to bed," she said.

The main reason Wilkins decided to make this year the year she sticks with quitting is because of her granddaughter. Wilkins' son, his wife and their daughter live near Rochester and came to visit for Christmas. Wilkins, who never smokes in the house, had just come back inside after slipping out for a cigarette when they arrived. Her granddaughter rushed to hug her and then stopped because "Grandma smelled."

"It hurt," recalls Wilkins. "My own granddaughter didn't want to hug me. That was it. I had to quit."

Wilkins has tried quitting in the past. She gave up the habit when she was pregnant but took it up again soon after the birth of her son.

She went cold turkey that time. It wasn't a slow process of weaning herself off and she didn't use any aids. According to Wilkins, it was awful and the only way she managed was by thinking about her son. She'd read an article in a magazine about how smoking

reduced the amount of oxygen an unborn baby received from its mother.

"I wanted him to have all the oxygen he needed," she said.

She admits that she never should have started smoking again.

Without anyone to push her, she knew she couldn't go cold turkey again. So Wilkins has chosen to quit smoking through hypnosis, something that has become more popular in recent years. She attended a seminar in St. Cloud at the beginning of the month that explained why hypnosis works. According to their speaker, smoking is a craving for nicotine. It's a psychological problem so it must be treated like a psychological problem.

That reasoning made sense to Wilkins and she registered for a session with a hypnotherapist.

The session involved the hypnotherapist putting positive thoughts into Wilkins' mind. Being under hypnosis allowed Wilkins' mind to accept those thoughts more easily.

After her session Wilkins found herself no longer craving the nicotine but she still wanted the smoke break. She also found herself still reaching for the cigarettes when she would go to dinner with her friends, many of whom are smokers.

The hypnotherapist told her to keep a smoking journal. To write down each time she wanted a cigarette, how she felt when she wanted one and how she felt after she had one. Most of the entries in her journal have nothing to do with craving cigarettes but with being bored. And after smoking one, she doesn't feel satisfied, just disgusted. She's also noticed that although she wants to go outside and smoke, she isn't doing it as often as before.

"I'm down to maybe once a day, sometimes less," she said.

Wilkins has another appointment scheduled with a hypnotherapist in early February. She's hoping the next session will target her feelings of boredom that are linked to the cigarettes. And her dependency will grow less and less.

"I was a nonsmoker for 16 years. I'd like to be one again- No, I'm going to be one again," she said.

'Forensic hypnosis comes to help of trauma victims, witnesses'

<http://timesofindia.indiatimes.com/city/ahmedabad/Forensic-hypnosis-comes-to-help-of-trauma-victims-witnesses/articleshow/7421982.cms>

AHMEDABAD: Dhara, 17, (name changed) was the lone survivor of a road accident where three persons died in a road accident on SG Highway in 2009.

She was traumatized and could not answer questions from investigators about how the accident took place and who was responsible for it.

She had lost two of her close relatives in the incident and the mere mention of it brought back horrifying memories for her. She was advised hypnosis and with the help of forensic experts she could remember the details of the incident and even the number of the truck that caused the road accident. The driver was later tracked down and arrested. City-based consulting psychologist Prashant Bhimani presented a paper on the developing field of forensic psychology at the recently concluded annual meeting of the Indian Association of Clinical Psychologists (IACP). In his paper, Bhimani stressed on instances where such a technique can be used and its pros and cons.

"As a rule of thumb, most cases are handled by forensic psychologists at the Directorate of

Forensic Science (DFS). The main difference between other psychological tests such as lie



detection and brain fingerprinting and forensic hypnosis is, while the first two tests are generally performed on accused, witnesses or victims are brought for the latter," he said. How does it work? "Every hypnosis – be it therapeutic or investigative – is self-hypnosis.

We, as psychologists, facilitate the process with the right kind of suggestions and techniques. We take the subject to the desired time and ask him or her open-ended questions that can bring out details about what happened.

The information does not come out of thin air and if the subject can lie in normal conditions, he or he can lie under hypnosis. Thus, its legality is similar to other psychological tests. However, it is very effective when the subject has been under trauma and cannot recall the incident," said Bhimani.



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How reliable is hypnotic regression?

<http://lifestyle.inquirer.net/wellness/wellness/view/20110208-319035/How-reliable-is-hypnotic-regression>

Do the things the subject sees make sense to him or not? Do they clarify or add meaning to his present life experiences?

A READER who signed himself or herself "Der Schagohod" said he or she saw on the Internet an article I wrote about reincarnation, and wondered if he or she has had a previous existence because of something strange that happened two years ago, and "since then I have not found any peace."

The reader said he or she had seen people on the Internet undergo hypnotic regressions but was "not sure if they were actually remembering past existence or merely making things up.

"I heard you do hypnotic regression," continued this reader, "so I want to ask the following questions:

1. "Does a hypnotized subject still have control over himself? If so, how would it be like? Would he be just saying what the hypnotist says?"

Although modern hypnotism has been around since the 18th century, there are still so many misconceptions about it, mainly because of the publicity generated by stage hypnotists who perform such things purely for entertainment purposes.

Actually, there are several degrees or states of hypnosis. In a light hypnotic state the subject is still conscious and aware of things happening around him. He is still in control of himself and his mental faculties, although he is in a heightened state of suggestibility.

An ethical and professional hypnotist will not give even a slight hint or suggestion as to what his subject will see or experience during regression, but will merely guide him to remember what is already in the memory bank of his subconscious mind.

In a deep hypnotic state, it is possible for the subject not to remember what happened, but this does him no good because no learning takes place in that case. Past-life hypnotic regression is useful only if one remembers the events of a past-life existence.

How does it feel like? It is like dreaming but you know you are awake. It is difficult to describe this trance state accurately. One has to experience it himself.

Factual proof

2. "If one remembers something during hypnosis, how could one tell if these were

actual memories or not? How convincing would it be?"

Almost everyone who has undergone a past-life hypnotic regression thinks at first that he is merely imagining what he is seeing. But sometimes one finds historical or factual proof of what he has seen under hypnosis.

The question one should always ask is, do the things the subject sees make sense to him or not? Do they clarify or add meaning to his present life experiences? If they do, then they are most likely not products of his imagination.

However, since not everybody can be hypnotized, it is possible for that person to be merely making up what he is seeing. But then, who is he fooling? If a person sees himself in the past as an important or known historical, religious or political figure, like Moses, Julius Caesar, Napoleon Bonaparte or Cleopatra, it is most likely purely imaginary.

One woman, for example, told me with great conviction that she saw herself to be Mary Magdalene in a past life. I almost told her, "And I saw myself as Jesus Christ!"

3. "Is it you who does these hypnotic sessions or an assistant?"

I alone do it. I have no assistant.

4. "How much would a past-life hypnotic regression cost?"

During the seminar on "Soul mates, Karma and Reincarnation" (scheduled Feb. 12), I conduct two group hypnotic regressions for all participants. It is part of the course. But I also do individual past-life regressions by appointment if there is a particularly serious concern that a person has, which can be traced to a previous life's memory. This is charged separately for a very reasonable fee.

Each session may last for as short as an hour or as long as three hours, depending on each case. You asked what one can expect from such a session. If it succeeds, you will come out a better and more understanding person who is conscious of his karmic obligations with other people. You will understand your present life better by getting a glimpse of what you did in the past.

At its worst, nothing happens and you remain the way you are now.

HypnoBirthing method helps moms-to-be

Light hypnosis can reduce stress on mother, child during pregnancy and birth

By Chris Michlewicz

A new childbirth method that utilizes the power of the mind to ease fears and eliminate pain could soon have expecting Highlands Ranch mothers thoroughly enjoying life's most precious miracle.

HypnoBirthing, which is a registered trademark, has been found to significantly reduce stress and improve the well-being of newborns, and classes are now being offered at Westridge Recreation Center. Even the family education center at Littleton Adventist Hospital is planning on training nurses and physicians on how to assist mothers who use HypnoBirthing.

Highlands Ranch resident Heidi Town, a certified HypnoBirthing instructor, says childbirth is no longer something to fear. Using light hypnosis techniques and positive affirmation, moms across Colorado have already discovered the benefits. The practice is catching on worldwide and is quickly gaining the attention of medical professionals.



Heidi Town explains some of the benefits of HypnoBirthing. Photo by Courtney Kuhlen | ckuhlen@ccnewspapers.com

"Demand is definitely growing," said Kathie Dolce, former vice president of the HypnoBirthing Institute. "We talk about HypnoBirthing as a philosophy of life, not just a method for childbirth. The relaxation techniques can be used at anytime and even dads and grandmas can benefit."

HypnoBirthing classes teach expecting parents how to wipe away anxiety through positive thoughts and reassurance. Hypnosis CDs contain messages directed at imagining a healthy birth; visualizations of good outcomes and pain-free childbirth are also part of the 2 1/2-hour class sessions.

Town, 31, said when she became pregnant two years ago with her first child, Annabeth, she sought ways to have a childbirth in which she would not endure pain. She did not want to use drugs and wanted to make sure her baby was not distressed during the birth.

"Everyone always talks about getting fat and having swelling and pain, and it's turned into such a negative experience," Town said.

The idea that a mother's sense of well-being transfers to the child is not a new one. The method was invented 30 years ago and has been growing and evolving ever since. Studies have shown that mothers under intense stress tend to have high-need babies.

HypnoBirthing classes help moms-to-be avoid some of the pitfalls of pregnancy and encourage them to view childbirth as a positive, life-changing event. A class textbook includes guides to nutrition and exercise, the best ways to get sound sleep during pregnancy, birthing positions and breathing techniques, all of which lead to better results, Town says.

Focused breathing is essential because it helps the baby come out of the womb without pushing and without clamps. Unnatural breathing rhythms can deprive the baby of oxygen. Town's "peaceful and gentle" childbirth experience prompted her to quit her job as a criminal defense attorney and become an instructor. Likewise, Dolce was preparing for retirement when her daughter decided to use HypnoBirthing for her second child. Dolce was so surprised by its effectiveness that she has now been an instructor for 10 years.

"I've never seen anyone who hasn't benefited from this," she said. "We teach that the birth should be able to go smoothly without a lot of interventions. Just let it happen."

Town points out that people are reverting back to natural childbirths. Delivering a child has been "medicalized" without a great need for it, she said, although having doctors and nurses on hand for any potential complications is important for many. She delivered her child at Littleton Adventist Hospital, but some mothers choose to deliver the child at home.

The daily affirmations "make a difference when you hear it over and over again;" the power of suggestion goes a long way. There are even ways to focus on numbing areas of the body through hypnosis.

There are many skeptics, and Town's husband was initially unsure if the method would work as promised, but those who go through the proper steps and practice at home can have a successful and enjoyable childbirth. HypnoBirthing has not only grown in popularity through online resources, but also by word-of-mouth and referrals through care providers.

Cues during the birth, such as gentle touching and kissing from the husband, can release endorphins, which help reduce stress levels in both the mom and baby.

"Intimate sexual feeling is what got the baby in and it's what brings them out," Town said.

HypnoBirthing also teaches moms and medical professionals to leave the umbilical cord attached for several minutes after the birth because it is still delivering nutrients to the child. Cutting the umbilical cord immediately has become common practice out of convenience, she said.

Playing a recording of positive affirmations or having the father read the scripts aloud help the mother focus on relaxation and eliminate clenching, which can lead to vaginal tearing. Pushing can sometimes lead to ripping and later discomfort, says Town, who urges moms to "breathe the baby out."

Town compared the light hypnosis to daydreaming or getting into a zone while running. It is not the dramatized version in which someone dangles a pocket watch in front of a person's eyes and snaps their fingers to help them come out of a trance. Rather, it is a level of consciousness that allows the body to let things come naturally. Town begins the first class session with an "easy and playful" visualization routine.

HypnoBirthing classes will begin at Littleton Adventist this May or June and are being offered now at Westridge Recreation Center. The five-session classes are limited to six students. Attending with the father or a birthing companion is recommended.

Hypnotherapist clears up misconceptions of trade

<http://www.recordcourier.com/article/20110302/NEWS/110309991/1062&ParentProfile=1049>

Minden hypnotherapist Nancy Epstein specializes in behavioural modification for personal problems.

Many misconceptions about hypnosis stem from a fear of losing control — losing control of one's thoughts, one's actions, one's well-protected sense of self. The pedant swings, the eyes close, the stranger takes the helm of your free will.

But besides providing plot twists in poorly written television shows, these misconceptions obfuscate the real effectiveness of hypnosis as a therapeutic tool. Hypnosis actually can lead to greater self-control and overall well-being, said Minden hypnotherapist Nancy Epstein.

"I can't impart thoughts or actions to a subconscious that finds them false," she said. "I can't make you cluck like a chicken unless you want to cluck like a chicken. I can't make you rob a bank unless you're a criminal. Not only is it against the morals of my job, I can't get you to do something that you don't want to do yourself."

Epstein calls it the "power of you."

"It's the old adage, 'You are what you think,'" she said. "You can bring about your own discord, or your own cure. What hypnotherapy can do is change negative thought patterns."

Epstein, 52, first became interested in hypnotherapy four years ago when she used it to kick a 30-year smoking habit.

"I became enthralled by the potential and power of it," she said. "It's just a fascinating field."

Epstein has been in another fascinating field for the last 20 years. She owns Captivision, which provides closed captioning for governmental broadcasts, from Indianapolis to Anchorage, Alaska. She lived in the latter location for eight years before moving to Minden. In fact, her first closed-captioning job was for the Iditarod. She's also worked with networks like CNN and C-Span.

"Twenty years later, and I'm still doing it," she said.

But hypnotherapy has become Epstein's newest passion, and she has brought to it the same kind of intelligence and business sense that she brought to Captivision. Before officially opening shop last year, she undertook a six-month certification course at the Hypnotherapy Training Institute in Corte Madera, Calif.

"I had talked to a doctor who'd been incorporating hypnotherapy into their practice," Epstein said. "It's an incredible tool for mental and physical well-being."

Epstein specializes in behavioral modification for personal problems like stress, over-eating, smoking and insomnia. Hypnotherapy can also be used for pain management and performance enhancement in sports, academics, public speaking and other activities.

Epstein emphasized that hypnotherapy should not replace primary care, meaning that serious problems should be diagnosed and treated by a doctor. But hypnotherapy can be used as an alternative solution in conjunction with traditional treatment.

"If at first you don't succeed, then try again. If something is not working, then try something different," she said. "Rarely is hypnotherapy a one-shot deal, a one-shot miracle."

Rather, Epstein said, people already have a pretty good idea of what they want to improve and how much work it will take.

"The great thing about hypnotherapy is that the client does the work, and I'm just the guide," she said.

Hypnotherapy begins with a basic understanding of the mind.

"In a nutshell, the conscious mind is 10 percent, and the subconscious is 90 percent," Epstein said. "The old idea that the mind and body are separate is obsolete. The mind and body are inextricably linked. For every thought, there is a physical reaction."

Intercepting this mind-body link and introducing new thinking and new behavior is the goal of hypnotherapy.

"The subconscious is like a computer chip that's recorded everything you've done," Epstein said. "Hypnotherapy goes in and changes those negative recordings to positive."

Epstein said some people are not right for the treatment.



Hypnotic Weight Loss: What Is It And Why Is It So Incredibly Powerful?

<http://www.blogger.com/hypnotic-weight-loss-what-it-and-why-it-so-incredibly-powerful?wrap=blogger-topics/body-image&crumb=175>

Have you ever thought of using Hypnotism for Weight Loss? That's right. You can actually use hypnotic weight loss to deeply target your subconscious mind, changing the way you see and think about yourself, and about the way you think about the food you're eating.

Imagine if:

- It was easy to eat more grains, fruits and vegetables.
- You didn't have any more cravings for high-sugar and high-fat foods.
- You instinctively wanted to drink your 8-10 glasses of water each and every day.
- You were motivated to do your daily exercise.

We all know that you need to do these things in order to lose weight, but for many it's a challenge to get (and stay!) motivated to do them. Imagine if all of these things just happened ... easily and naturally. What would your weight loss be like if you didn't have to force yourself to stay away from the chocolate cake? What if you really craved celery and carrot sticks instead? What if you didn't have to convince yourself to go for that walk? What if you genuinely wanted to do it?

This is where hypnotic weight loss comes in to play.

What Is Hypnotic Weight Loss?

Hypnotic weight loss uses the power of hypnosis to re-program the subconscious mind. It programs the mind to **want to do** all the things that we consciously **know we should do** to lose weight ... eat healthy, exercise, drink water, etc. And it eliminates all the negative programming that we currently have - for example - many people snack when they're stressed or bored.

Hypnosis is a powerful tool for weight loss as it helps you:

1. build new healthy habits. It truly makes weight loss easy and natural.
2. overcome unconscious obstacles which prevent you from losing weight and from keeping weight off after a successful diet.

Erase the negative programming that is keeping you from losing weight, and replace it with positive programming that will bring you closer to your goals. Using hypnotism for weight loss is simple, and it produces lasting weight loss results.

Why Is Using Hypnotherapy For Weight Loss So Powerful?

Hypnosis is the perfect tool for re-educating your unconscious mind - the part that creates cravings and impulses - to give you back real choice in what you eat.

You know that a real and permanent change in your weight only comes with a change in lifestyle, not through fad diets that you can't possibly keep up over the long term. Using hypnosis for weight loss can help you make those changes, and far more quickly and easily than you ever imagined possible.

Taking a *psychological* approach with hypnosis deals with the hidden patterns behind poor eating and over-eating at the same level as they occur - deep in your unconscious mind. That's why it's so incredible powerful.

But don't take my word for it ...

Clinical studies showing how hypnosis helps with weight loss are irrefutable:

- In a 9-week study of two weight management groups (one using hypnosis and one not using hypnosis), the hypnosis group continued to get results in the two-year follow-up, while the non-hypnosis group showed no further results (*Journal of Clinical Psychology*, 1985).
- In a study of 60 women separated into hypnosis versus non-hypnosis groups, the groups using hypnosis lost an average of 17 pounds, while the non-hypnosis group lost an average of only .5 pounds (*Journal of Consulting and Clinical Psychology*, 1986).
- In a meta-analysis, comparing the results of adding hypnosis to weight loss treatment across multiple studies showed that adding hypnosis increased weight loss by an average of 97% during treatment, and even more importantly increased the effectiveness POST TREATMENT by over 146%. This shows that hypnosis works even better over time (*Journal of Consulting and Clinical Psychology*, 1996).

The bottom line here is that when hypnosis sessions are added to various weight loss programs, the results are always better — more than 146% better over the long term!

Learn to relax using Fast Track Hypnosis

http://www.roundtownnews.co.uk/index.php?option=com_content&task=view&id=27119&Itemid=38

IT IS commonly accepted that some people can cope with the stresses of modern day life more readily than others. Some people seem



to fall completely apart at the slightest pressure, while others seem to be untouched by stress. If a person is presented with enough stress such as bereavement, difficulties in personal life, financial problems, loss of employment or other outside pressures, they will become stressed and anxious. This may also occur due to PMS, anger, or being in constant pain.

While certain types of stress can be very beneficial for you (a romantic encounter-or the anticipation of an event or celebration) what is not acceptable is the stress that can debilitate the body and mind.

Millions of people use hypnosis to take control of and enjoy their life every day. The more relaxed you are, the more you have to gain in every area of your life. Business people, sportsmen and women, politicians, students regularly use hypnosis, in fact people from every walk of life.

Relaxation in itself will not solve any particular problem that you may have or expect to happen. However, with the use of Fast Track Hypnosis (plus the techniques that I will show you) and the ability to relax, it will allow you to see your problems more clearly. You can transform the negatives into positives, providing direction in your life, taking charge once again. It will help give you more confidence, a better memory, more energy, more motivation. Consequently, you will then be calm enough to deal with problems more efficiently and effectively.

The old expression "calm down and you will see things in a different light" is very true using Fast Track Hypnosis.

Mental relaxation

This can bring the increased sense of serenity, not as irritable, or losing your temper as often, getting things done, sleeping more deeply and waking more refreshed, etc. Indeed clients would often contact me because they are falling asleep when listening to their CDs, but now they are sleeping far better than ever before, which is perfectly normal.

Physical relaxation

Stressful lifestyles involving long hours of work etc., can lead to physical conditions such as high blood pressure, stomach and duodenal ulcers, migraine, bruxism (teeth grinding), shoulders tensed, tension throughout the body, tension headaches, etc. The body is telling you to ease off the

pressure or suffer the consequences! Fast Track Hypnosis can help with many stress related disorders by helping to reduce stress levels effectively and very quickly as opposed to some conventional therapies which can take much longer to achieve. However before commencing treatment it is always advisable that you contact your GP to ensure that the problem is NOT genuinely physical, as hypnosis may then be unable to help.

With the use of my Fast Track method it is possible to develop not only a mental attitude towards your well being but also a physical one as well. The whole process only takes up to 4 sessions depending on the severity of the problem, and the response and commitment from you because. Fast Track Hypnosis ramatically speeds up the whole process unlike conventional Hypnotherapy which may take many more sessions (up to 15 +). CDs are also supplied to reinforce the sessions and finally you are taught Autohypnosis so that you can achieve this wonderful state of relaxation yourself.

" Alan succeeded where all doctors and psychologists failed. I had waited 5 years to have a baby, not my choice, but my husband decided we couldn't afford one straight away, so after a holiday in Corfu, I came home with a positive result - nine months later a beautiful baby daughter (now 23 and at university), but 3 months after my daughter was born, I wasn't able to sleep. I had had a caesarean birth so had to take it easy, which meant sitting around doing nothing , but the mental torture set in. Every minute of every day was the same, I didn't know what was wrong, then I read a baby book and I found the answer - P N D (post natal depression) .

After months of running to my GP in desperation my husband called Alan after seeing an advert . Well that was the turning point in my life , I listened to his tapes , yes in those days it was tapes, and the relief was almost instantaneous. I listened to my tapes on a regular basis , and still do to this day when stressed. The sound of Alan's voice still has a calming , soothing effect. I went on to have another child , fortunately this time I had no P N D and was able to enjoy my second child. Please don't suffer , don't hesitate, get relief, peace of mind and start to enjoy life, believe me you can never look back but only positivity can come from your visit to Alan.

From a broken young woman, who could hardly get out of bed without crying or breaking down, I now run my own business. I never thought 23 years ago I would be writing this cause all I could think was negative thoughts. Now I have one grandchild which I really enjoy, I never thought I would see the day. I feel I owe you my life , as you had succeeded where others failed. I can't thank you enough. Thank you for giving me the chance to love life so much.....Eleanor....."



Meditation, hypnosis change 'brain signature'

<http://www.montrealgazette.com/technology/Meditation+hypnosis+change+brain+signature/4480596/story.html>



Mindfulness training is 'a valuable, drug-free tool in the struggle to foster attention skills, with positive spinoffs for controlling our emotions.'

Amir Raz gets some funny looks when he talks about using hypnosis and meditation techniques to build attention spans in a hyperactive MTV world.

"Mention contemplation to a lot of people, and all they think of is some kind of (wacky) spiritualism, people sitting around a darkened room with candles, chanting," says Raz, a McGill University professor who holds the Canada Research Chair in the Cognitive

Neuroscience of Attention.

"Our ideas are shaped by Hollywood movies. So you talk about hypnosis, and people see something out of a Woody Allen movie, a guy in a turban with bushy eyebrows who wants to put you to sleep."

But "trim away the folkloric fat," and Raz, a cognitive psychologist who worked his way through graduate school doing magic tricks, sees mindfulness training as a valuable, drug-free tool in the struggle to foster attention skills, with positive spinoffs for controlling our emotions and even making us smarter.

"We live in a time when modern medicine is weighted heavily toward pharmaceuticals.

"Everyone wants a magic bullet that will help them lose 40 pounds, or a surgical procedure that will cure all our ills," says Raz, who will be speaking Wednesday about the chemical benefits of brain science and chicken soup as part of McGill's Mini-Science lecture series.

"We live in an impatient society, and we want results immediately. But that's not realistic, and without behavioural modification, likely to provide only temporary relief."

In his lab at McGill, Raz explores ways meditation and braintraining exercises can be used to help people pay more attention to what's happening around them, skills which will come in handy in sharpening the mind, controlling emotions and blocking out distractions.

"We live in a high-speed world, where events change rapidly, but our bodies may not be biologically crafted for that," said Raz, whose especially curious about the effects attention training can have on children.

"We need to train ourselves to prioritize and manage what gets our attention. It's like learning to control our email. Otherwise, life becomes one big interruption."

He cites studies in which young children age 4 to 7 were asked to play computer games expressly designed to stretch the parts of their brains that regulate attention. Researchers found that non-verbal aspects of the intelligence quotients went up and the youngsters were better able to focus. But they also noticed other changes, with participants exhibiting "brain signatures" more like those of adults, reflected in improved mental processing and greater control of emotions.

"We're not elated, we don't win a trophy every day. We need to build resilience," said Raz, who would like to see some form of attention training built into the school curriculum to help children focus, ignore distractions and learn social cues they won't pick up sending text messages.

"With quality stimulation, people are better able to regulate emotions, prevent depression and obsessive behaviours. We're less likely to explode when someone disagrees with you or shatter when things don't go your way."

Lately, he's begun to worry about the potential impact of global positioning systems and other devices on spatial memory. "Attention systems expand based on usage."

Raz sees behavioural modification techniques used in concert with medications, "some of which are over-hyped or at large cost in side effects."

"Too often, drugs become the default and people discount other options.

"There are attentional ways to regulate. Some prefer the drug route. It's a question of whether you want to regulate or self-regulate."

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More than mind games

<http://www.smh.com.au/lifestyle/wellbeing/more-than-mind-games-20110318-1bze3.html>

The day you stop smoking your body starts to repair itself

You are very sleepy ... hypnosis is plagued by persistent myths.



Hypnosis is gaining wider medical acceptance, writes Megan Johnston.

It is as ancient as sorcery, has been used in parlour tricks and stage shows and is still saddled with links to quackery and mysticism.

If ever a treatment has suffered an image problem, it is hypnosis.

Yet in modern medicine, it can be a valuable tool. Since the Victorians ditched its ties to the occult, hypnosis has been used successfully in everything from phobias to obesity.

Over the past 50 years, many research papers have explored the treatment. The theory is hypnosis works due to a split in awareness (dissociation) and interaction between the hypnotist and patient (social cognition). The result: hypnosis lets people change their thoughts, feelings and actions to treat a wide range of conditions such as anxiety, asthma, stress and pain.

So why is it not more widely accepted and sought? Some of the most persistent myths - that hypnosis uses brainwashing or forces people to act against their will - come down to a fear of losing control, a psychology professor at the University of NSW, Dr Richard Bryant, says.

"Will I remember things I don't want to remember? Am I going to behave in a way I will be embarrassed about? Many of those concerns are there but research tells us people [who are hypnotised] regulate what they do and are fully in control," he says.

One Sydney woman who has used hypnosis to help her lose weight, Lisa Morris*, describes it as a calm state of awareness. "The sensation's not always the same but it does feel like a very deep relaxation," she says. "You're very focused, so that you don't really hear external noises and things."

The vice-president of the Australian Medical Association, Dr Steve Hambleton, says many GPs support and use hypnosis for a variety of conditions.

"We wouldn't say that's good or bad - we would say let's look at the outcomes and let's look at how it's used and that's what we should judge it on," he says.

"We certainly would say to patients they need full explanations of the evidence."

Therapists must be careful when working with patients' suggestibility, but the idea that hypnosis can force patients to uncover "repressed memories" is largely false, the president of the Australian Hypnotherapists Association, Antoine Matarasso, says. So, too, is the idea it will solve health issues by simply implanting instructions into people's minds.

"The problem is most people don't like to be told what to do, so generally a more subtle, permissive approach is better," he says. "You find out what a person wants to achieve and what seems to be getting in the way of doing that and working with their strengths rather than telling them what to do ... hypnosis is a tool in the psychotherapeutic toolbox but it's not a magic bullet."

Membership of his and other industry bodies has grown dramatically in the past decade, partially due to deregulation of the industry, which has opened up the field to many new practitioners. Many of these organisations are working together to devise national uniform standards, although there are few, if any, barriers to practising hypnosis.

One psychologist concerned about present standards is Dr Susan Ballinger. She believes hypnosis is useful for health workers such as nurses and physiotherapists but can be harmful in the hands of those with only basic training. The Australian Society of Hypnosis even restricts membership to registered health practitioners, psychologists and dentists.

"There are people who do a six-week or six-month course in 'hypnotherapy' and put up their plaque but they have no [other] formal qualifications," she says.

In fact, hypnosis is just one of many tools clinicians use and is not a distinct therapy in itself, Ballinger says, which may explain why some psychologists don't tend to publicise their services as openly as dedicated hypnotherapists and counsellors. Psychologists also already generally have strong patient demand - or may be reluctant to openly promote their work, given restrictions on advertising.

But the main challenge facing widespread acceptance of hypnosis is lack of research, Bryant says. There may be lots of evidence that it works but we still don't fully understand how or why and, until we do, hypnosis will never shake its mystique.

"Hypnosis research has not kept up to date with other developments, particularly from a neuroscience point of view," he says. "Whilst there have been some in-roads into that ... this is very early work. That's where hypnosis has to go if we're going to make sense of it."

** Name has been changed*

Hypnobirthing: The 7 Key Benefits To Using Hypnosis For Natural Childbirth

<http://www.blogger.com/hypnobirthing-7-key-benefits-using-hypnosis-natural-childbirth?wrap=blogger-topics/pregnancy&crumb=32402>

For moms who are looking to enjoy their labour, and have a relaxed, natural, pain-free childbirth, Hypnobirthing is becoming a popular natural birth alternative.

Yes ... Pain-free natural childbirth is possible. Hypnobirthing prepares moms for a beautiful, calm and relaxed birth.

But what exactly is Hypnobirthing?

Hypnobirthing is a method used by moms-to-be to prepare themselves for the upcoming birth of their baby. Through hypnosis sessions, ladies are able to eliminate all the fear and expectations of pain commonly associated with giving birth, and prepare themselves to be comfortable, deeply relaxed and excited as their baby enters the world.

What are the benefits to having a Hypnobirth?

The key principal to Hypnobirthing is that it programs moms to be calm and relaxed. When mom is relaxed, her muscles are relaxed. This allows baby to flow much quicker and easier through the birth canal. This offers many benefits, such as:

- Considerably shorter labour and birthing times.
- Significantly fewer surgical births
- Higher number of comfortable, natural births with no technical assistance
- Highly energized moms in good spirits following births that are calm and gentle

Benefit for Dad / partner:

- Hypnobirthing engages dad (or partner) too! They become a central part of the birthing process, helping mom to stay calm and focused.

Benefits for baby:

Many benefits have also been found for babies born using Hypnobirthing. Because they are birthed much more gently and calmly, hypnobirthed babies tend to:

- Be calmer as they experience less trauma
- Feed & sleep better
- Usually even have higher Apgar scores

How to have a Hypnobirth:

Preparing for a hypnobirth can be done either in a class setting, one-on-one with a certified hypnotherapist, or even with a home study course. Home study courses are great as they allow moms (and dad / partner) to prepare for the birth at their own pace, right from the comfort of their own home. Also ... these courses are extremely affordable and very effective.

One such course is the Hypnobabies Home Study Course For Expectant Mothers. This course is extremely detailed and comprehensive, yet simple to follow. Best of all ... it really works!

Many ladies are choosing giving birth naturally, easily, and with absolutely no pain! Look into it and see it's possible for you too!

Ro Little is a firm believer in using the power of the subconscious mind to make incredible transformations from within. By using this power, Ro has successfully had easy & pain-free hypnobirths, beat cold & flu season, greatly increased her energy & positive outlook on life, and even reduced & firmed her breasts after breastfeeding.

You have incredible power within you too. Take control of your mind, body and health. You can use the power of your own mind to make incredible transformations from within.



HYPNOSIS

Some people are more susceptible than others

De-Motivational.com

Script of the Month

Worrying

You are now deeply relaxed and the suggestions that you hear will have a permanent and immediate effect on your subconscious mind - you will hear every word that I speak - even though you may find your mind wandering away at times - because right now - nothing else matters - nothing - except for this wonderful feeling of relaxation that you're experiencing.

At this moment is as though you haven't a care in the world - nobody wants anything - nobody needs anything - there is absolutely nothing at all for you to do except relax and let go - and just enjoy the feelings that are being generated within you.

You're beginning to realize that all that worrying that you've been doing over the past few years hasn't done any good at all. Life is a series of ups and downs and we have to experience the lows to really appreciate the highs and the middle ground - but when things went wrong in the past you worried until you made yourself ill - and did it do any good?

Ask yourself - does worrying change or improve anything for you? Worry creates stress - worry creates lines on the brow - nobody really likes a worrier because it can make them worry as well - because just like laughter - worry is contagious.

So you decide right now, here in hypnosis - that you're going to react more positively in future - instead of worrying your life away you'll take life's ups and downs in your stride and remain calm, collected and confident. Just remember the three C's - calm, collected and confident - that's you.

There may have been times when you tried to sleep and all life's problems went round and round in your head - that happens a lot to worriers - because their mind is still trying to sort things out - and niggles at the back of the mind tend to come forward when we're close to sleep.

If that's happened to you - don't worry - simply remember the three C's and remain calm, collected and confident. You remain calm because there's no point in worrying - that won't resolve a thing - your thoughts are collected - there in your mind - and you're confident that your subconscious mind will find a solution if there's one to be found.

And because you trust yourself - you find that it's easy to drift off somewhere nice before going to sleep. Because you know that any problems in your mind - can be resolved at night in your sleep.

So drift away now - to a special place - and leave all those worries and cares behind - you can put them in a drawer or a cupboard - ready to be dealt with at a more appropriate time - or you can send them away on a big black cloud - that cloud that's been hovering over you - send your worries up



there - and bring a gust of wind to blow them away - just blow them away.

Because right now you're just enjoying these wonderful feelings of calm tranquillity - and I wonder if you can see or sense a beautiful stairway in your mind? A stairway with hundreds of steps - going down and down to a beautiful place - and you can begin to descend - gently downwards - going deeper and deeper into hypnotic rest - deeper and deeper - down and down - and as you go down you may notice - beautiful colours - rich, warm hues - or it may just be comfortably dark and reassuring - you may see paintings on the walls - or chandeliers hanging from the ceiling - or the ceiling may be a velvety sky with millions of stars twinkling like diamonds high above.

You may notice a beautiful fragrance - that could remind you of something from your past - notice it now - perhaps a special person's perfume or a childhood smell that you loved - can you notice it now?

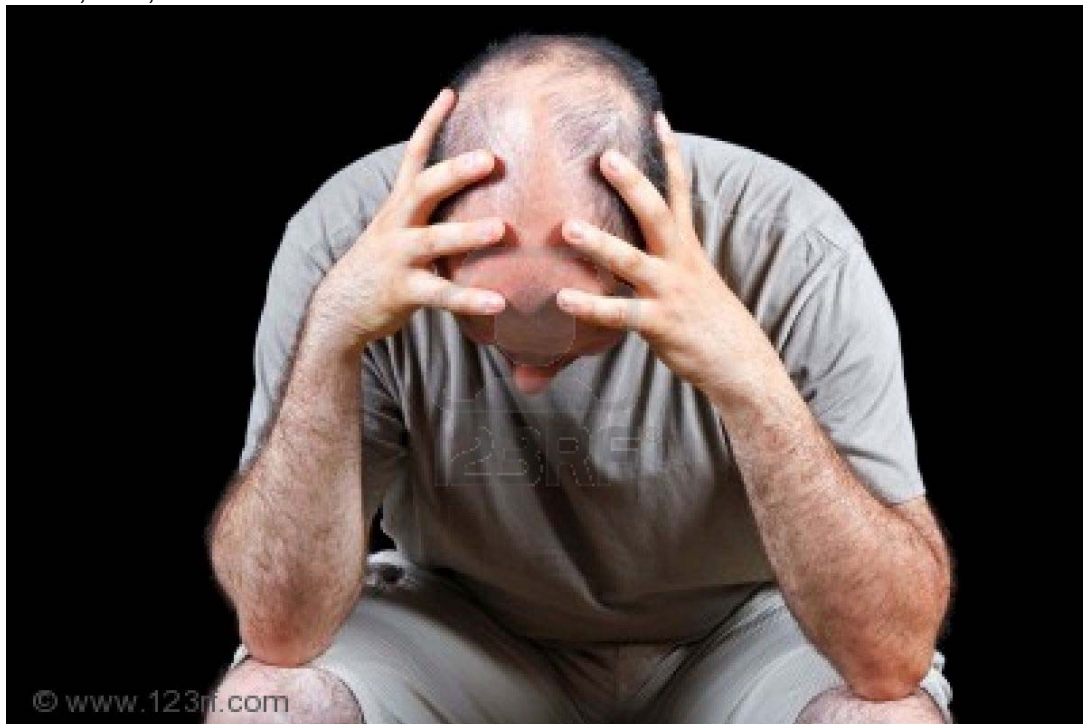
And as you go deeper down - you decide once and for all that worrying doesn't do any good. From now on you always remember the three Cs - calm, collected and confident - and that makes you feel good - you're in complete control of your mind - your body and your health.

Remain in hypnosis for another few minutes whilst you enjoy these wonderful feelings - as you reach the bottom of the stairway and looking around - see the beautiful scene that meets your eyes. Just enjoy being here - in your special place - and notice how this place becomes now - a part of you - a wonderful place where you can visit again whenever you wish - all with the power of your mind.

(Pause for two minutes)

Good - now when you're ready - I'm going to count from one to five and at the count of five you'll be wide awake.

One, two, three, four, five.



CHAKRA REGRESSION

Up Coming Dates:

5 Day Power Hypnosis & Fascination Training SYDNEY	7th, 8th, 9th, 10th, 11th February 2011
Certificate of Hypnosis PERTH	<p>2011 - Certificate of Hypnosis - Training Seminar One</p> <p>Part Three: Friday, Saturday, Sunday, 1st, 2nd & 3rd of July, 2011</p> <p>2011- Certificate of Hypnosis - Training Seminar Two</p> <p>Part One: Friday, Saturday, Sunday, 24th, 25th & 26th of June, 2011 Part Two: Friday, Saturday, Sunday, 1st, 2nd & 3rd, of July, 2011 Part Three: Friday, Saturday, Sunday, 18th, 19th & 20th of November, 2011</p> <p>2011 - Certificate of Hypnosis - Training Seminar Three</p> <p>Part One: Friday, Saturday, Sunday, 11th, 12th & 13th of November, 2011 Part Two: Friday, Saturday, Sunday, 18th, 19th & 20th, of November, 2011 Part Three: Friday, Saturday, Sunday, 16th, 17th & 18th of March, 2012</p> <p>2010 - Training Seminar 4</p> <p>Part One: Friday, Saturday, Sunday, 19th, 20th, 21st of November, 2010 (completed) Part Two: Friday, Saturday, Sunday, 26th, 27th, 28th of November, 2010 (completed) Part Three: 2011 Friday, Saturday, Sunday, 18th, 19th & 20th, of March, 2011</p> <p>Part One: Fri, Sat, 10th & 11th Of September 2011</p> <p>Part Two: Fri, Sat, 17th & 18th of September 2011</p>
Four Day Power Hypnosis PERTH	

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Future Articles

The Mind Motivations™ Newsletter would welcome any articles or stories. Please submit any inclusions via email to the MM_Newsletter@iinet.net.au email address. The Editor reserves the right to amend any article to fit with size limitation requirements and to correct spelling, grammar or factual content.

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